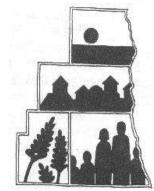
Regional Aging Service Program Administrator Northeast Human Service Center – Aging Services 151 S. 4th Street, Suite 401 Grand Forks, North Dakota 58201 (701) 795-3000 Toll Free: 1-888-256-6742 Fax (701) 795-3050

RETURN SERVICE REQUESTED



Please correct your mailing list

Please delete my name from list ATTACH THE OLD MAILING LABEL

Please add my E-mail Address to get newsletter:_____

Attention Senior Clubs and County Council on Aging!

Please complete the following information if your senior citizen club or county council on aging has recently elected new officers. The information should be sent to: Regional Aging Service Program Administrator, Northeast Human Service Center, 151 S. 4th Street, Suite 401, Grand Forks, ND 58201.

NAME AND ADDRESS OF SENIOR ORGANIZATION:

NAME AND ADDRESS OF NEW PRESIDENT:

TELEPHONE NUMBER OF PRESIDENT & E-MAIL:

PLEASE SHARE THIS NEWSLETTER WITH YOUR MEMBERS!!!

Resource-LINK

Your Care Choice Connection to Aging and Disability Resources
1-855-GO2LINK 1-855-462-5465 www.carechoice.nd.gov

adr

north dakota aging & disability resource LINK

AGINGSERVICES

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Region IV Serving Grand Forks, Nelson, Pembina & Walsh Counties

Spring 2015 Extra

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Aging Services Newsletter Please share this newsletter with a friend, coworkers, at you senior center, post on a bulletin board, etc....If you wish not to be on the mailing list for the newsletter please call 795-3000 and ask for Patricia Soli. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. Northeast Human Service Center makes available all services and assistance without regard to race, color, national origin, religion, age, sex or handicap and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975 as amended. Northeast Human Service Center is an equal opportunity employer. This publication can be made

available in alternate formats.



MISSION STATEMENT:

To provide quality,
efficient, and effective
human services,
which improve the
lives of people.

Older Americans Month 2015 Materials Now Available

ACL has published outreach materials to support communities celebrating Older Americans Month this May. The 2015 observance theme. "Get into the Act," honors the 50th anniversary of the Older Americans Act and emphasizes older adults taking charge of their health and getting engaged in their communities. The available materials include a poster series (select one or use them all!), sample social media, event ideas, document templates, and more. To join ACL in recognizing older adults for their contributions to the nation, visit the Older Americans Month section of the ACL website.

Look for future announcements regarding materials designed specifically to help you celebrate the **Older Americans Act** anniversary.

National Healthcare Decisions
Day Is April 16.... Please join
Honoring Choices North
and Americans across the
country in making future
healthcare decisions known to
family, friends and healthcare
providers. Share your wishes

and complete your advance directive, because... YOUR DECISIONS MATTER. Learn more about National Healthcare Decisions Day and get free information at www.nhdd.org.



The need for **Senior Companion volunteers** in the Grand Forks area has hit an all-time high. Since Altru
Health System became our main volunteer station there in 2014, a waiting list of older adults wishing to receive
Senior Companion services has developed and continues to grow. Will you please post the following notice in the next edition of the Region IV Aging Services newsletter? It would help immensely!

Change the life of a senior in need!

Many lonely, homebound seniors in the Grand Forks area go extended periods of time without a friendly visit. You can make a difference when you volunteer as a senior companion and provide much needed companionship, social recreation and help with light

Region IV Aging Services Page 1

tasks to your older neighbors in need. You will make new friendships and brighten a senior's day! Other benefits to becoming a senior companion include a tax-free hourly stipend, travel reimbursement, paid holidays and time off. If you are 55+ years of age, of lower income and available to volunteer 15 hours per week, contact Andrea Lang, Easter Program Coordinator, at (800) 450-1510 for more information about becoming a senior companion volunteer with Lutheran Social Services of North Dakota.

Andrea Lang, M.S.

Eastern Program Coordinator Lutheran Social Services Senior Companions

Mailing Address: P.O. Box 389 Fargo, ND 58107

Office: 745 45th St. S. Suite C, Fargo, ND

58103 **Phone**: (701) 271-3247 or (800) 450-1510

Fax: (701) 235-7359

www.lssnd.org/seniorcompanions

ND Adult Protective Services Program

APS Program is provided statewide through the ND Department of Human Services regional human service centers or through local partner agencies. In Region III APS is provided by Kim Helten at Lake Region Human Service Center. This program addresses the safety of vulnerable adults who are at risk of harm due to the threat of, or presence of, abuse, neglect or exploitation. Abuse means any willful act or omission of a caregiver or other person which results in physical injury, mental anguish, unreasonable confinement, sexual abuse or

exploitation, or financial exploitation of a vulnerable adult. Neglect means the failure of a caregiver to provide essential services necessary to maintain the physical and mental health of a vulnerable adult, or the inability or lack of desire of the vulnerable adult to provide essential services necessary to maintain and safeguard their own physical and mental health. Vulnerable adult means an adult who has a substantial mental or functional impairment. Substantial functional impairment means a substantial incapability, because of physical limitations, of living independently or providing self-care as determined through observation. diagnosis, evaluation or assessment. Substantial mental impairment means a substantial disorder of thought, mood, perception, orientation or memory that grossly impairs judgment, behavior, or ability to live independently or provide selfcare as determined through observation, diagnosis, evaluation, or assessment. It is very important to keep in mind that a person, including a vulnerable adult, has the right to self-determination; that is, to make his or her own decisions unless the person gives up that right or the court system gives that responsibility to someone else. Also, a person, including a vulnerable adult, has the right to live how he or she

wants if it does not harm others or involve a crime.

As of July 1, 2013, mandatory reporting of suspected vulnerable adult abuse or neglect went into effect, meaning that a number of professionals are now mandated reporters: however, anyone can make a report. If you suspect abuse or neglect of a vulnerable adult. please call Kim Helten at Lake Region Human Service Center - 1-888-607-8610 or 701-665-2200. Or Adult Protective Services (APS) Region IV (Grand Forks, Pembina, Walsh): Bernie Bachmeir or RaeAnn Johnson at 1-888-256-6742



Region IV Nutrition Sites

-Grand Forks Senior Center Information for Grand Forks & Nelson counties contact 701-772-7245 or

http://gfseniorcenter.org

-Walsh County Nutrition Program 701-284-7999 -Pembina County Meals & Transportation Pembina County 701-454-6586





Aging & Disability Resource LINK (ADRL)

www.carechoice.nd.gov 1-855-GO2LINK (1-855-462-5465)



The Best Breakfast Deal in Town!

Suggested contribution \$2.00, older adults can come to the Grand Forks Senior Center and enjoy a full, hot breakfast. We serve each weekday from 8:30 am to 9:30 am and our menu is found in our Silver Express newsletter or on our website at

www.gfseniorcenter.org 620 4th Ave S. Grand Forks PH: 701-772-7245

Meals on Wheels #: 701-757-2006

Telephone Numbers to Know

Regional Aging Services
Program Administrator & ND
Family Caregiver Coordinator
Region IV: Patricia Soli
1-888-256-6742

Long-Term Care Ombudsman Services

Region III & IV:

Tammy Ferderer 1-888-607-8610

Vulnerable Adult Protective Services (VAPS) Region III & Nelson County: Kim Helten 1-888-607-8610 **Region IV** (Grand Forks, Pembina, Walsh): Bernie Bachmeir or

RaeAnn Johnson 1-888-256-6742

Other

AARP: 1-866-554-5383

Mental Health America of ND:

1-701-255-3692

FirstLink: 24 Hour Helpline Dial 2-1-1 or 701-235-7335

(SEEK)

IPAT (Assistive Technology):

1-800-895-4728

Connie Rawls, crawls@ndipat.org

Legal Services of North Dakota:

1-800-634-5263 or (age 60+):

1-866-621-9886

ND Attorney General's Office:

1-701-328-3404

Consumer Protection:

1-800-472-2600

Social Security Administration:

1-800-772-1213

Medicare: 1-800-633-4227 State Health Insurance Counseling (SHIC) ND Insurance Department:

1-701-328-2440

Prescription Connection:

1-888-575-6611

ND Association for the Disabled: 1-701-795-6605

NDAD (Serving all of ND)

Alzheimer's Association:

1-701-258-4933

1-800-272-3900 ND

Senior Medicare Patrol:

1-800-233-1737

Energy Assistance

For more information on Energy assistance programs:

- Grand Forks County Social Services: (701) 787-8500
- Red River Valley Community Action: (701) 746-5431
- The Salvation Army:(701) 775-2597
- St. Joesph's Social Care & Thrift Store: (701) 795-8614
- ND Association for the Disabled 1-701-795-6605 NDAD (Serving all of ND)

Local energy contacts:

- Excel Energy: (800) 895-4999 (residential customer service)
- NoDak Electric Cooperative: (701) 746-4461



COMING IN 2015
Northern Plains
Conference on Aging
and Disability
At Ramada Plaza
Suites,
Fargo, ND

http://www.northernplainsco nference.com/



Route 10/11 Changes

The following schedule will go in to effect on April 1, 2015:

746-2600

Ali Rood Mobility Manager City of Grand Forks 701-757-1503

www.grandforksgov.com/bus

